

CHATS WITH YOUNG MEN

LEARN SELF DISCIPLINE

It is bitter medicine, but the one thing most needed in the human soul is discipline.

It is well to have force, genuine vigor, enthusiasm, power; but you may have them and be a criminal, a fanatic or a cad; you become great only when you add self control.

You may attain to the true aristocracy of the world. These are over-comers. These are they who have passed through the cleansing fires. These are they who rule their stormy passion, their own mighty ambitions and boundless longings with a will of tempered steel.

And these are the beloved. You know them; in every walk of life you have met them, soldiers of the light, the old men of the best things of humanity.

How, then, can I learn the art of self mastery, you ask? Here are a few suggestions:

First, it comes only by practice. You must learn it as you would learn to play the violin. It is a matter of patience and persistence. And surely if you are willing to exercise to develop your muscles, you ought to be willing to exercise to develop your character, your power to enjoy yourself and your ability to be a source of happiness to others.

Don't wrestle, fight and pray. The essential element of a strong personality is quiet power. Those who fight are weak.

Do what you have to do, dismiss the matter and go ahead. The first of all insurance policies, to insure oneself the maximum of happiness, efficiency, is to learn how to make oneself do what he knows he ought to do, yet what he hates to do, and to learn to do smoothly, without struggle or self torture. Without that, there is positively no peace. Without that, life is sure to turn bitter.

The contented people are these who have themselves in hand. The gratification of desire is an endless task. It is like attempting to fill a bottomless pit with water from a tin cup.

But the control of desire is a sure road to a full and joyous life. The man who has disciplined himself can be happy whether poor or rich. He is the master of the world, not its slave.

Your vision must be clear. You must see plainly that to let your desires master you, means self-contempt and degradation. And you must learn, whenever you have commanded the fierce waves of passion to be still, when you have resisted the storm of fierce and evil longings, and the waves and winds have subsided, baffled by your strength, you must learn then to laugh in pride, to realize how good it is to be a man.

You know them, the real ladies of the world, a real gentleman not by heredity of endowment, not by display or cheap vanity, but by open, free, happy, strong life that comes from self discipline constantly exerted.—Dr. Frank Crane, in the Cosmopolitan.

"IF I ONLY HAD THE TIME"

Some boys will pick up an education in the odds and ends of time which others carelessly throw away as one man saves a fortune by small economies which others disdain to practise. What young man is too busy to get an hour a day for his improvement? You will never "find" time for anything. If you want time, you must take it.

If a genius like Gladstone carried through life a little book in his pocket lest an unexpected moment should slip from his grasp, what should we, of common abilities,

resort to save the precious moments from oblivion?

Drive the minutes or they will drive you. Success in life is what Garfield called a question of "margins." Tell me how a young man uses the little ragged edges of time while waiting for meals or tardy appointments after his day's work is done, or evenings—what opportunity—and I will tell what that man's success will be. One can usually tell by his manner, the direction of the wrinkles in his forehead, or the expression of his eyes, whether it is his habit to use time to good advantage.

The most valuable of all possessions is time; life itself is measured by it. The man who loses no time doubles his life.

Some squander time, some invest it, some kill it. The precious half hour a day which many of us throw away, rightly used, would save us from the ignorance which mortifies us, the narrowness and pettiness which always attend exclusive application to our calling.

Four things come not back—the spoken word, the sped arrow, the past life, and the neglected opportunity.—Canadian Freeman.

OUR BOYS AND GIRLS

FOR FIRST COMMUNION

It is hard to think that our Lord is really coming to us on our First Communion Day. Sometimes when we really understand that He will be with us then, we slip into the church or the school chapel to tell Him we are glad.

But even when we are kneeling in the quiet place, it is hard for us to keep on remembering. We feel we must be a little ungrateful, especially when we think of all the saints whose greatest joy was Communion.

And so for the older ones of us, who can read easily, I am putting down this prayer written by a Jesuit especially for little children who are to make their First Communion. In it they will ask all those saints who loved the Blessed Sacrament to help them love it too.

"St. Aloysius, pray that I may feel at the altar some of the joyful love that filled your heart when you received your First Communion from the hand of St. Charles.

"St. Stanislaus, to whom, it is said, the angels brought Holy Communion because you desired it so, pray for me.

"Blessed Imelda, who died during your First Communion, pray that I may feel some of your great love for the Blessed Sacrament.

"Blessed Margaret Mary, pray that I may begin to atone to our Lord for the coldness which people show to Him in this Sacrament—especially for my own.

"St. Thomas, obtain for me the grace to say with some share of your glowing faith: 'My Lord and my God' when I genuflect before the tabernacle.

"St. John, who with St. Peter prepared the large supper room furnished for the First Communion of the Church, pray that I too may be a disciple whom Jesus loved—I, to whom He vouchsafes a closer union than yours when you leaned upon His breast.

"St. Peter, who made the first great public act of faith in the Blessed Eucharist when others found the saying hard and would not hear it, obtain for me an increase of faith.

"To give thanks to God for remaining on the altar for me, I will unite my First Communion, this visit, this prayer, with the Communions, visits and prayers of all the faithful all over the world, for my intentions and theirs—particularly now for the end of wars.

"Praised and loved forever be the adorable Sacrament of the Altar!"—New World.

WHAT RUTH HAD

"Oh, there's that Ruth Knolls and her brother again! Do you know, Miss Merton, she is just awfully dull in school, and we girls laugh at her so much. She hasn't a particle of brilliancy."

Viva chattered this speech out as she walked along the street beside Miss Merton.

"She has something far better than brilliancy," said Miss Merton. "What?" said Viva, her cheeks flushing uncomfortably; for she felt that she had made a mistake, and she was very anxious to stand well in Miss Merton's opinion.

"She has a courteous manner. That is a grace that is very great, but far too rare. I know Ruth quite well, and her kindness and courtesy are unfailing in company or at home. She is going to grow into a lovely womanhood."

"I am sorry I spoke so," said Viva. "I really don't know anything about her except that she stumbles so dreadfully in her lessons."

"No doubt she is very sorry about it. It is a fine gift to be quick and bright in understanding things, but you know, my dear, that it is far more important to be kind-hearted and gentle. When you go out in the world no one will ever ask or know whether you got good grades in algebra and Latin. If you have done your best, it is wrought into you whether your best is very good or only mediocre. But be sure of this: every one who meets you will know, without putting you through an examination, whether you are a gentlewoman or not. It isn't practical to quote Greek or discuss psychology or read Shakespeare with every one you meet, but you can always speak kindly and listen courteously, and quietly look out for the opportunity to do little deeds of kindness that make our lives so much more worth living."—Intermountain Catholic.

Vesper service often contains four or five psalms of David. The rosary prayers with the exception of thirteen words, are taken entirely from the gospels.

The question really ought to be reversed: Why do the Protestant services make so much less use of the Bible than the Catholic ones? And the answer is very obvious. The sacred book is displayed conspicuously, indeed, in Protestant churches, but in Catholic churches it inspires, even when it does not actually provide every word that is spoken.

ARTIFICIAL FLOWERS We are going to sell 500 gross of our flowers in 30 days. We did the same last year. They are largely used for bazars, patriotic purposes, etc. Carnations, in 1,000 lots, 1 cent each; Button hole roses, 1 cent each; Violet bunches, 2 cents each; large tissue paper fans, 1 cent each; Confetti, 1 cent a package. Act quick as the goods will not last long at these prices. Write the Brantford Artificial Flower Co., Brantford, Ontario. 1912-2.

THE VISION OF CALVARY On the height of Calvary we behold a pilgrim, who has just reached the Holy City and placed his foot for the first time on sacred ground. He is alone, and in the dim light of the flickering lamps he sees the figure of the dying Savior. With holy awe there rises before his spirit the terrible scene which was enacted on that very spot, and he is astonished that he has never given it fuller consideration.

Yes, the worldly man never stops to think of the terrific reality of that tragedy, which had such momentous importance for the world and for him at the end of our life. Close your eyes for a moment and consider your ownself on a bed of pain in the pangs of death. Rapidly the world vanishes from your view, as does the scenery before a lightning train, and the falling eye sees only the flickering of the blessed candle, and in its dim light you behold the Crucifix, which your compassionate relatives have placed in your hand.

The scene is reversed. Christ has come to your Calvary, not indifferent to your salvation; as you have been to His sufferings, but lovingly He opens His arms to embrace you with the consoling words: "This day thou shalt be with Me in Paradise."

Will you be worthy of such a consolation? Stop to reflect what would be your fate if Christ came to call you just now. And what you would then wish to have done, do it now to obtain a happy death.

A happy death is the seal of our earthly career, and no event of our life can equal it. If you were to inherit a million, yes, untold millions; if you had the fulfilment of all your desires; if you could obtain a kingdom; if you could live to be as old as Methusalem and pass all these years in undisturbed happiness, in the enjoyment of perfect health, without the least adversity of any kind, you would say that life were worth living. And just what would all this amount to if you would not die a happy death? A happy death is therefore the greatest event of your life, to which you must look forward with intense attention. It is the great prize you must obtain. "So run," says St. Paul, "that you may obtain it." (1. Cor. ix., 24.)

Who will guarantee this prize? Who will assure you a seat in the heavenly kingdom, a dwelling in the eternal mansion?

If there were a place in the world where insurances for a happy death and tickets of admission into the kingdom of God were sold, people would hurry there from the extremities of the world and pay fabulous sums to obtain them.

And yet the golden key to heaven is within the reach of everybody, the

MAGIC BAKING POWDER MADE IN CANADA CONTAINS NO ALUM THE ONLY WELL KNOWN MEDIUM PRICED BAKING POWDER MADE IN CANADA THAT DOES NOT CONTAIN ALUM AND WHICH HAS ALL ITS INGREDIENTS PLAINLY STATED ON THE LABEL. E.W.GILLETT COMPANY LIMITED WINNIPEG TORONTO, ONT. MONTREAL

profession and absolutism, of which the same may be said.

The same is also true of the preface; and the "Sanctus" is a Biblical quotation. The canon of the Mass, with the exception of a few passages containing proper names, consists of quotations from different parts of the Bible. The consecration, the *Angus Dei*, the *Domine non sum dignus*, and post Communion are all direct from the Bible.

Benediction consists chiefly of hymns and prayers which, of course, are not to be found in the Bible any more than are Protestant hymns and prayers, though both are again composed mainly of Bible phrases, as is also the Litany of Our Lady.

HOW GOD ANSWERS PRAYERS Every prayer is answered if it is prayer. Our Divine Lord teaches us how to pray in the "Our Father." He gives us the list of petitions, the kind of things to pray for. "Thus, therefore," He says, "shall you pray always and when we pray thus we always receive. If we are foolish enough to pray for a serpent, He will not give us a serpent, but good and daily bread, but He will give us something.

God, as it were, likes to hide His giving, and He likes us to do the same. It is only when we look back upon the years that have gone that we see God really did give us what we prayed for, but so silently, so naturally, that we didn't notice it, and so, of course, forgot to thank Him.

SOME CONVERT NUNS Over three hundred converts from Protestantism have become nuns in this country.

Mother Eliza Ann Bayley Seton, a convert from Episcopalianism, founded the American branch of the Sisters of Charity. Steps have been taken at Rome to beatify her.

Mrs. Pierce Connelly, wife of a Protestant Episcopal minister, was the founder of the Sisterhood of the Holy Child Jesus; an order engaged in teaching in England and the United States numbering today 250 members.

Mary Caroline Dannot Starr, a religion Mother Mary Veronica, a convert from Congregationalism, was with Monsignor Preston the founder of the Sisterhood of the Divine Compassion, whose motherhouse is at White Plains, N. Y.

Mrs. George Parsons Lathrop, daughter of Nathaniel Hawthorne, is religion Mother Mary Alphonse, is the founder of the Servants of Relief for Incurable Cancer Patients, of the Third Order of St. Dominic; formerly a Unitarian.

Mother Laura Mary Francis White, founder and Superior General of the Sisters of the Atonement, was formerly head of this order when it

was Anglican. It is now a Catholic religious order.

Miss Lucy Eaton Smith, in religion Mother Catherine di Ricci, O. S. D., was the founder and first superior of the American Congregation of St. Catherine di Ricci's Reform, of the Sisters of St. Dominic, New York.

The late Mother-General of the Protestant Episcopal Sisterhood of St. Mary's, Peekskill, N. Y., is now a member of the Sisterhood of the Blessed Sacrament, founded by Mother Catherine Drexel.

How many Americans are aware that among the few living bearers of the illustrious name of Washington is a cloistered Ursuline, nun in the convent in Arcadia, Mo.?

Or that a daughter each of Ethan Allen, of Ticonderoga fame, of President James Monroe, and of General Winfield Scott left home and kindred to serve God in the cloister?

Or that three great-great-grandchildren of Thomas Jefferson are to day nuns? We also recall, continues Scannell O'Neill in the Catholic Citizen, a granddaughter each of Henry Clay (who received from that grand old man a most beautiful letter on announcing her determination to enter a convent); of Francis Scott Key, and of Daniel Webster; a niece of Ralph Waldo Emerson and of President Tyler.

Madame Tenney, of the Ladies of the Sacred Heart, has in her veins the blood of the Channings, one of whom founded the Unitarian sect.—Boston Pilot.

THE BOGUS OATH OF THE K. OF C.

The Supreme Board of Directors of the Knights of Columbus has issued a pamphlet called "Knights of Columbus vs. Criminal Libel and Malicious Bigotry" dealing with the bogus oath and the legal actions arising from its circulation. The pamphlet says:

Bigots have read this foul libel and gloated over its expected destruction of the Knights of Columbus; they have passed it to others, circulated it, approved it.

Some honest men have read it and been sorely troubled in consequence. It seemed unlike the Knights of Columbus they knew as honest men yet would men dare publish such a thing if it was untrue; if untrue would not the Knights of Columbus prosecute their defamers!

What, then, was the duty of the Society to itself, to its members, to the host of men who were in doubt? Oral denial was necessarily limited; written denial was not received by the public press; submission of the ceremonial to non-Catholic committees in several cities did not reach the multitude.

Criminal prosecutions were then instituted, but alas, the public press gave but scant, if any, notice to such prosecutions although the libels were against the Catholic Church and primarily against the Knights of Columbus—800,000 men.

We submit then the following account of actions taken to expose this libel, and

(a) We urge our non-Catholic friends to read it through and ask us any questions that further enlighten them;

(b) We ask our members to circulate this pamphlet among non-Catholics, public libraries, colleges, normal schools, and high schools, and especially send it to the local public press and to bigoted publications.—Sacred Heart Review.

THE PRECEPTS OF THE CHURCH

The commandments of the Church are not new obligations; they are not additional burdens imposed upon us. They are rather helps to us, indicating how best we may be able to comply with the more serious commandments of God. They fit for us the time and the manner of fulfilling the divine commandments, and without these helps perhaps the latter might not be fulfilled at all. God in Holy Scripture commands us to remember His gifts and to be grateful for the benefits which we have received in a special manner. The Church, in order to help us fulfill these divine orders, determines the days on which during the year we shall give to God that special tribute of acknowledgment and gratitude, which is His due from us. God commands us to sanctify by the works of religion and worship the days that are sacred to Him; and the Church, by her commandments, prescribes that on the days commended by the Lord, we shall render our act of religious worship by assisting at the holy sacrifice of the body and blood of Christ. God commands us to go show ourselves to the priests whom He has invested with the power to bind and forgive sins, in order that we may obtain from them the pardon which our sincere repentance and confession may merit. Our divine Saviour wishes us to be nourished with His sacred Body and Blood and warns us of the danger of the exclusion from eternal life if we disobey. The Church, by her commandments, prescribes the time when this important duty shall be complied with, and commands us to approach the holy table of the Body of the Lord at least during Easter time. The obligation of penance is very clearly imposed upon us by God for the mortification of our passions, the expiation of our sins, and the satisfaction due to the justice of God. In order to help us fulfill this command-

ment, the Church prescribes, during the year, different days for fasts and abstinence. Hence, we see that the commandments of the Church do not impose upon us any new obligations, but simply show us how we may fulfill the different precepts. Thus the Church acts toward us like a wise mother.—Catholic Union and Times.

Most of us get what we deserve but only the successful will admit it.

MAKE \$200.00 A MONTH

MY PROPOSITION is a WONDERFUL NEW CAMERA with which you can take and instantaneously develop pictures on paper...

WE TRUST YOU So much confidence have we in our proposition that we will send this complete outfit consisting of Camera, Tripod, prepared developer, and materials for making 100 pictures upon receipt of a very small deposit.

If You Have Rheumatism Write your name and address here

Name: Address: Send to: Fredrick Dyer, Dept. P24, Jackson, Mich. Return mail will bring you FREE a pair of Drafts to try FREE. No matter how you have suffered, if you are suffering from Rheumatism, send us your name and address today for our Free Catalog and Full B. B. Ferris, Mgr., 70 Lombard St., Dept. 425, Toronto.

Mail This Coupon Today Return post will bring you a regular One Dollar pair of DYER DRAFTS, the world-renowned Michigan Extra 1 Treatment for Rheumatism of every kind. It is free!

CHURCH ORGANS TUNING REPAIRING WATER MOTORS ELECTRIC MOTORS ORGAN BLOWING MACHINES LEONARD DOWNE LONDON, CANADA

To add to the life and beauty of woollens, flannels, laces and all kinds of sensitive fabrics—use LUX

LUX the incomparable cleanser. LUX is the pure essence of fine soap, in flakes. It dissolves readily in hot water—makes a cream-like lather which cannot injure fine fabrics or dainty hands. Just try LUX. Won't Shrink Woollens 10c.

MADE IN CANADA Full of "pep" and "snap!" The man who cuts out meat and other heavy foods and starts the day with SHREDDED WHEAT will be surprised at the mental "pep" and "snap" he is able to put into his work. He will feel a mental buoyancy and lightness that can never come from high-proteid foods. Shredded Wheat builds strong, brainy men who are fit to fight the battles of the Empire.